



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, June 11th - 11:00-11:45 am

Toll-free call in number: 1-800-391-9177

Conference Code: 450 521 2393#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **Recap: Leadership Conversations**
- **Leadership Development Series**
 - With Special Guest Jack Bastable
- **"Strive for 5" Challenge** – June 1 – 26th, 2015 – Worth 5 HQ Credits!
- **Quit for Life Anniversary Promotion** – Enroll & Get a **FREE Book!**
- **June HQ Seminar**
- **June EAP Webinar**
- **Helpful Stress Resources from Your EAP!**

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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**How to impact the culture
of your agency or department
and gain support from managers and supervisors**

Step 1: Schedule Meetings with Managers

1. Identify the 3-4 people you believe have the most influence on your agency and department.
2. Request a 30 minute meeting with each person explaining that part of your role as a HealthQuest Wellness Champion is to understand more about managers/supervisors perspectives of HealthQuest and wellness in general.



Step 2: Ask these Questions

1. What would you say are the 3 primary objectives for this agency/department?
2. What is your understanding of HealthQuest?
3. What are the 3 things you would suggest that would contribute most to the personal wellness of the people in this agency/department?
4. What are some of the things you like to do for your personal wellness?



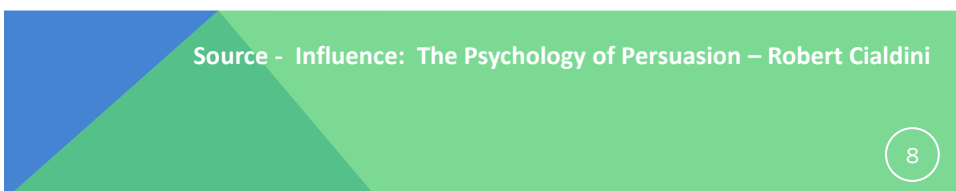
What did you learn from the conversations you had with influencers within your department or agency?

1. What would you say are the 3 primary objectives for this agency/department?
2. What is your understanding of HealthQuest?
3. What are the 3 things you would suggest that would contribute most to the personal wellness of the people in this agency/department?
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Principles of Positive Influence

1. **Reciprocity** - people feel obligated to return favors
2. **Authority** – people look to experts to show them the way
3. **Scarcity** – the less available the resource the more people want it
4. **Liking** – the more that people like others the more they want to say yes to them
5. **Constancy** – people want to act consistently with their commitment and values
6. **Social Proof** – people look to what others do to guide their own behavior



Resources

1. Influence: The Psychology of Persuasion – by Robert Cialdini
2. Yes, 50 Scientifically Proven Ways to be Persuasive – by Robert Cialdini
3. The Small Big – by Steve Martin, Noah Goldstein, and Robert Cialdini
4. Gallup: Wellbeing Boosts Employee Engagement
http://www.gallup.com/businessjournal/180146/memo-executives-boosts-employee-engagement.aspx?utm_source=position3&utm_medium=related&utm_campaign=tiles

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“STRIVE FOR 5” CHALLENGE UNDERWAY!



STRIVE-FOR-5 CHALLENGE

June 1 – 26, 2015
Goal: 85 points

Studies show that fruit and vegetables are critical to promoting a healthy body. They lower your risk of chronic diseases like type 2 diabetes, stroke, some types of cancer, and may help control blood pressure. Fruits and vegetables are also low in calories and high in fiber so they can help control your weight. For this challenge, all forms of produce count including fresh, frozen, canned and dried.

Eat well with the Strive for 5 Challenge!

How the Challenge Works:
Earn 1 point for each serving of fruit or vegetables you eat per day (max. 5 points daily). You will receive 5 credits for the HealthQuest Program once you accumulate 85 points.
Last Day to Enter Points: Friday, July 3rd, 2015

Think of 1 serving as:

- 1 cup of fruit or vegetables
- 1/2 cup of dried fruit, or
- 2 cups of leafy greens.

Eat Well and Feel Great!

www.KansasHealthQuest.com

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 Quit For Life® Program

Quit For Life® Program 30th Anniversary Promotion

Quit For Life® Program


 Quit For Life® Program

The Quit For Life® Program is celebrating 30 years! We are offering members a free copy of our new Quit Smoking For Life book during our anniversary. Enroll between 6/1 and 7/31 to receive your free copy.



FREE
when you
enroll by
July 31st!

Imagine how good you'll feel when you're free from nicotine addiction.

With the Quit For Life® Program, you can quit for good! Our Quit Coach® staff members provide personalized, one-on-one strategies and support to help you mentally and physically prepare to quit, cope with cravings and avoid triggers that can derail you. For 30 years, we've been helping people just like you break free from their nicotine addiction! We can help you, too.

When you enroll in the Quit For Life® Program between June 1st and July 31st, 2015, you'll receive a free copy of the popular book *Quit Smoking for Life*. We can't think of a better way to celebrate our 30th anniversary than to help you quit for life!

Enroll in the Quit For Life® Program now.

1-888-275-1205 (select option 3)

www.kansashealthquest.com

HURRY! Enroll in the Quit For Life® Program before July 31st to receive your free book.

JUNE 2015 SEMINAR

AVAILABLE ON THE PORTAL 6/1/15

Current Seminar:



Getting Older, Staying Healthy

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Credit

The stakes are high. How will the lifestyle choices you're making today pay out later on in life? This seminar will focus on prevention. You'll learn about health protective choices that will set you on the path to healthy aging. Print out this [handout](#) to help you follow along. <[Transcript](#)>

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JUNE 2015 EAP WEBINAR

TUESDAY, JUNE 23RD, 2015, 11:30 A.M.

“Laughter, Humor and Play to Reduce Stress and Solve Problems”

Laughter is now shown to improve our pain tolerance. Humor and play can be the building blocks of problem-solving. Together they can improve our happiness and effectiveness.

✓ Register at

<https://attendee.gotowebinar.com/register/1255274308114303745>

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Your Employee Assistance Program

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

Call: **888.275.1205, Option 7 (SAME)**

TDD: 800.697.0353 (NEW)

Multilingual support available

Online: **guidanceresources.com**

Your company web ID: **SOKEAP**

Website available in English and Spanish



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Stress Resource Guide

Stress Resource Guide

It is almost impossible to live without some stress in our lives. However, the term "stress" is used so often that many people do not understand it or how to cope with it. Use this to guide you through the emotional and physical strain that is caused when you respond to the pressures from the outside world.

Table of Contents

- The Basics
- Prevention and Coping
- Stress and Health
- Stress and Relationships
- Stress and Specific Circumstances
- Additional Resources

The Basics

- 📖 **Coping with Everyday Stress**
Stress is an inevitable part of our lives. Learning how to identify and manage stress can help prevent physical and psychological problems.
- 📖 **Coping with Stress in Your Life**
Reduce the amount of stress you feel, and improve your overall physical and emotional health by implementing some of these suggestions.
- 🗣️ **Do women handle stress differently than men?**
Cognitive scientists are now discovering that women under stress are much less likely to have a fight-or-flight response.

Prevention and Coping

- 📖 **Problem Solving Strategies**
Many people use problem solving strategies at their job or place of business. But the same troubleshooting approaches can be used in someone's personal life.
- 📖 **Dealing with an Angry Person**
When dealing with an angry person, it is natural not to know how to respond. If you do experience anger, your goal should be to deal with it constructively.
- 📖 **Calming Down After an Argument**
Disagreements are a natural consequence of human interaction.
- 🗣️ **What is work-life balance?**
The concept of work-life balance is different for everyone. Overall, it is about prioritizing what is important to you in your work and personal life.

Ask a GuidanceConsultant

- 📧 Send a Question
- 💬 Chat for a Referral
- ☎️ 888-275-1205



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CONFIDENTIAL COUNSELING ON PERSONAL ISSUES



Your Employee Assistance Program (EAP) is a confidential counseling service to help address the personal issues you are facing.

- › Relationships
- › Stress, anxiety or depression
- › Job pressures
- › Marital conflicts

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AVAILABLE 24/7

Call: 888.275.1205, Option 7

TDD: 800.697.0353

Online: guidanceresources.com

Company ID: SOKEAP

Coming to Your July WCN Mtg.

Special Guest Speaker:



Thank You for Joining Us Today!!

Next Meeting is Thursday, July 9th, 2015

11:00-11:45 am

Secret Question:



Open Questions / Comments

